

# September Senior Center Gazette 2003



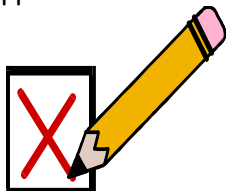
**SEPTEMBER 1, 2003  
LABOR DAY HOLIDAY  
SENIOR CENTER CLOSED**

## **WELCOME BACK TO ADULT SCHOOL CLASSES!**

Classes start on Wednesday, September 3 for all Fremont Adult School Classes at the Senior Center. Thank you to all our teachers for giving so much to our seniors!

**Friday, September 5  
Celebrate Grandparents Day**  
Before Friday, bring pictures of your grandchildren to the office for us to post on our Senior Center Family Wall. Enjoy a celebration of the joys of grandparenting!

**Special Thanks to  
Palo Alto Medical Foundation**  
For donating a week of support for the meal program at the Senior Center. Your generous support is greatly appreciated!



## **Early Voting For Oct 7 Recall Election**

Registered Voters in Alameda County can vote early at the  
**Fremont City Hall**  
3300 Capitol Avenue, Building A  
**Monday, September 15**  
**through Friday, September 26**  
**8:30 am to 4:30 pm**  
For help call: City Clerk's Office  
510-284-4060

## **COMMUNITY SERVICES**

<b>SENIOR SERVICES.....</b>	<b>574-2050</b>
Coordination of services for homebound seniors	
Companions for Life (Medical Alert Program)	
Local van group trips for shut-ins.....	<b>574-2082</b>
Tri-City Elder Coalition.....	<b>574-2064</b>
<b>LIFE ELDERCARE.....</b>	<b>574-2090</b>
Caregivers Support.....	<b>574-2035</b>
Home Services Registry.....	<b>574-2095</b>
Meals on Wheels.....	<b>574-2092</b>
Friendly Visitor Program.....	<b>574-2097</b>
<b>TRANSPORTATION ASSISTANCE</b>	
AC Transit Information*.....	<b>511</b>
City of Fremont Paratransit Program.....	<b>574-2053</b>
East Bay Paratransit Program.....	<b>1-800-555-8085</b>
<b>HOUSING ASSISTANCE(OFFICE OF NEIGHBORHOODS).....</b>	<b>494-4500</b>
<b>LEGAL ASSISTANCE FOR SENIORS.....</b>	<b>1-800-393-0363</b>
<b>SOCIAL SECURITY.....</b>	<b>1-800-SSA-1213</b>
<b>MEDICARE.....</b>	<b>1-800-952-8627</b>
<b>MEDICARE &amp; INSURANCE COUNSELING(HICAP).....</b>	<b>839-0393</b>
<b>TRI-CITY HEALTH CLINIC.....</b>	<b>713-6685</b>
<b>SENIOR LIBRARY SERVICES.....</b>	<b>745-1499 or 745-1491</b>
<b>SENIOR PEER COUNSELING.....</b>	<b>574-2063</b>
<b>ALZHEIMER ASSOCIATION HOTLINE.....</b>	<b>1-800-660-1993</b>

\*511 is a new toll-free voice activated phone service. Call 511 for information on AC Transit BART, road conditions and trip planning.

## **2004 Trip Planning Meeting Wednesday, September 24, 1 pm**

Bid packages will be back for Trips 2004. Come to vote on the trips you want the Senior Center to offer. Check the Trip Bulletin Board for new 2003 trips to Bay Meadows Racecourse, Cache Creek Indian Casino, Thunder Valley Indian Casino, and "The Lion King" in 2004.

## **September Speakers**

**Tuesday, September 9, 1:00 pm,**  
**"Tax Investments & Retirement Strategies in the Current Economy"**  
Richard Jensen, ChFP, Certified Financial Planner, Prudential Financial.

**Tuesday, September 23, 1:00 pm,**  
**Talli van Sunder "The Risk of Falling & Other Senior Topics."** Ms. van Sunder is a physical therapist at In Stride Physical Therapy. She participated in a 10 year medical study on fall prevention in Seattle.

## **Builder's Fund Meeting Mon, Sept, 22, 9:30 am**

Suzanne Shenfil, Human Services Director  
Senior Services Fiscal Update



## **Clothing & Gently Used Items Sale**

**Fri, Oct, 3, 10 am-2:30 pm**

Shop 'til you drop fun-for-all fundraiser, where you can add that special touch to your wardrobe for very little cost. **We need your help in gathering items** from local merchants and individuals. We need donations of good, saleable used clothing, jewelry, and linens (no shoes or lingerie, please!) Please bring your donations to the office during the week of the sale, Sept 29-Oct 3.

## **Blood Pressure Screening Change for September**

Blood Pressure Screening is scheduled for Thursdays only (8 am to 5 pm) in Sept. because Stella's daughter is having a baby. Yeah!!



The City of Fremont does not discriminate on the basis of disability. Reasonable auxiliary aids are provided upon request to persons with disabilities to afford equal opportunity to services, programs, and activities. Inquiries may be forwarded to the Director of the Human Services Department, P.O. Box 5006, Fremont, CA 94537, (510) 574-2051 or (510) 574-2040.